

Knowledge and Awareness of Endometriosis and its Treatment by *Punica Granatum* (Pomegranate)

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Background: The background of this review is to emphasize the awareness of Endometriosis disorder in females, and to also provide awareness about its non-pharmacological treatment by the thick, dense fibrous juice of pomegranate.

Objective: Our aim is to provide awareness and knowledge of endometriosis and its treatment with pomegranate. Endometriosis is painful disorder characterized by dysmenorrhea, infertility which is due to abnormal growth of tissue or dislocation of the tissue of the uterus. Affected uterus also influences other nearby organs.

Method: This review focuses that how much people know about endometriosis so that further to aware them about its significant and possible non-pharmacological treatment by pomegranate (*Punica granatum*). Basically, pomegranates possess an estrogen receptor antagonist activity which is majorly responsible to improve the endometriosis disorder.

Result: The mechanism exhibit by the pomegranate essential for treating endometriosis explained by different research studies is that: It helps in treating this disorder in two ways; it contains low molecular weight constituents, which strengthen the defense mechanism of body. Secondly, its major activity which is responsible for improving the disorder of Endometriosis is that it acts as Estrogen-receptor antagonist.

This review based on survey study as well as reviewed different research articles published in 2009, 2012, 2014,2015,2016,2017 and 2018.

We also conducted the survey on females, (n=100), through which we concluded that there are on 30 females awared about endometriosis and 70 females are not even aware about this disorder

Conclusion: Thus, from the above mentioned facts and figures we concluded through this review, that the awareness about endometriosis disorder and about its effective and significant non-pharmacological by *Punica granatum* is very important.